



# 2010-2011 Flu Season

## Cold Versus Flu

### Questions & Answers

#### What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

#### How can you tell the difference between a cold and the flu?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can be carried out, when needed to tell if a person has the flu.

#### What are the symptoms of the flu versus the symptoms of a cold?

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#### Antibiotics Will Not Work for a Cold or the Flu. Why?

- Germs called viruses cause colds and the flu
- Antibiotics do not fight viruses
- Antibiotics fight germs called bacteria

#### Taking Antibiotics

- Will not help your body fight a cold or the flu
- Will not get rid of your cold or flu symptoms
- Will not stop your cold or flu from spreading to others



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